

Dear Fellow Employees:

The WOW Team reminds you to go to our **Working On Wellness** Web site at http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html to access information and links for fitness, nutrition, men's and women's health, fitness club discounts, wellness events, WOW News and the monthly WOW contest.

The WOW Website has undergone recent revisions. Some pages formerly accessed from our home page may now be accessed from the WOW archives.

We also invite you to link to the WELCOA (WELLNESS COUNCILS OF AMERICA) online bulletins below for tips on keeping you and your family healthy.

BETTER SAFE

http://infopoint.welcoa.org/bulletins/pdf/bs_v8_n10.pdf

DAY IN & DAY OUT

http://infopoint.welcoa.org/bulletins/pdf/dido_v8_no10.pdf

TO YOUR HEALTH

http://infopoint.welcoa.org/bulletins/pdf/tyh_v8_no10.pdf

Have a great remainder of the summer working on wellness.

Thank You,
The WOW Team
Employee Health & Wellness

